



'rare' renovations

Conestoga students restore old buildings.
Page 11

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Wellness Week

Fun information booths promote healthy living.
Page 12

MONDAY, MARCH 28, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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43RD YEAR — NO. 11

Student's gutsy move rewarded

By LAURA BENNETT

Wallace Wong didn't expect anything to come from handing his resume to Rene Redzepi at his book signing in Waterloo.

Redzepi is the head chef at Noma, a restaurant in Denmark and also number 1 on San Pellegrino's top 50 restaurants in the world.

"I laughed and said this probably won't get past your hotel room or even to Copenhagen," said Wong, a first-year student in the apprenticeship culinary arts program at Waterloo campus. "But I wanted to take this opportunity."

It did get past Redzepi's hotel room and across the ocean to Denmark, where Wong was picked for a summer co-op at the world's top restaurant.

"He thought it was cool and he said it's really gutsy," Wong said about Redzepi at the book signing.

"I got an email literally on Christmas Eve," he said. "It was a pretty good Christmas present for me."

On April 30, the 20-year-old will fly to the small Scandinavian country and spend two months in its capital, Copenhagen, where he will work alongside some of

the best chefs in the world.

"They do Nordic cuisine," said Wong. "It's a lot of seasonal and local produce. They have full-time foragers and their job is to go out in nature and literally find and source different ingredients."

Wong said the restaurant's theme is about time and place. "You feel like you're at a serene environment and in a serene place."

Wong, also a third-year full-time Wilfrid Laurier business student, said he hasn't always cooked. "I only started truly cooking in Grade 12. I come from a cooking background, my dad used to own a restaurant."

Since then Wong has taken his culinary skills and passion to great heights.

Over his reading week in February he went to Chicago to work at Aliena, rated the seventh best restaurant in the world. However, neither Aliena nor Noma will count toward Wong's apprenticeship hours because they are international co-ops.

"It is really for my personal growth and development," he said, adding that he applied for each position personally.

Last summer Wong worked at Langdon Hall in Cambridge and received apprenticeship hours and was

also paid. At Aliena he wasn't paid, nor will he be at Noma.

Wong said he will use his Langdon Hall apprenticeship money to go to Denmark, and he hosted a charity dinner on March 10 to raise money for the trip.

"I got some other first-year students to help serve," he said. "It was a seven-course meal."

The dinner was called A Cook's Journey.

"Each dish represents time from my first year," said Wong. "My first dish was based on a skills competition and my second dish was based on working at Langdon Hall."

Wong ended up raising \$1,200 from the dinner and he received \$500 from an anonymous donor.

"That was really great of whoever that was, I appreciate it," he said.

Wong said he doesn't know much about Denmark but that it's beautiful and expensive there. He said the restaurant is located on a harbour called Christianshavn, in downtown Copenhagen.

As for the future Wong said he wants to work in a place just like Noma.

"I want to be on top," he said. "The restaurant industry is so cut throat. Unless



PHOTO SUBMITTED

Wallace Wong, a first-year student in the culinary arts apprenticeship program, displays one of his dishes along with his gold medal from the Skills Ontario provincial culinary competition and a bronze medal from nationals.

you're the best, you're really busting your butt. Don't get me wrong, even the best have to bust their butt, but they're doing it in a totally different way."

Earth Hour kicks off Earth Month

By MARCUS MATTHEW

There was no power outage on March 26, and don't worry, your parents didn't forget to pay the electric bill. The simple explanation for the lights being out on nearly every block was an hour-long Earth Hour celebration.

"Earth Hour is an important global event for raising awareness about climate change," said Mark Johnson, a spokesperson for Environment Canada.

"Simple actions such as turning off the lights can help improve our environment and tackle climate change, as well as empower all Canadians to make important lifestyle changes that benefit their families and their environment."

In an annual effort to raise awareness, Earth Hour sets the stage for Earth Month. April will see campaigns by many environment groups and activists.

"Raising awareness is the number 1 goal. It's about making people aware that there are environmental issues that need to be addressed," said Keith Treffry, director of communications for Earth Day Canada.

That goal of raising awareness has worked on Dave Saveriano, a second-year computer programming student at Conestoga College.

"I definitely make sure I'm recycling better during Earth Month — throwing cans, bottles and paper where they actually belong," Saveriano said.

Johnson said that Earth

Hour is an important event to get people making changes for the better to help reduce pollution, and to make a positive impact on the environment.

"The Government of Canada has been a proud supporter of Earth Hour. By turning off the non-essential lighting in federal buildings across Canada, we have set a good, visible example for individuals and communities across Canada to follow," said Johnson.

Over the past few years, it hasn't just been government buildings turning off the lights for an hour. More and more people are starting to participate. However, one hour can only do so much for the environment.

Treffry said there are numerous things you can do

in your everyday life to help go green such as recycling. He rides his bike to work each day; not only does it reduce carbon dioxide pollution, it also saves him a bundle.

"It's amazing; there are so many small things you can do. One example is to take a different mode of transportation to help minimize carbon dioxide. You will often find that there are other benefits when going green," said Treffry. "If you change your light bulbs during winter and turn down your thermostat, it will all add up. It's these simple and practical things that cut down your bills and help the environment," he added.

Many in Waterloo Region have bought in to the green movement, including Kitchener City Hall. An

Earth Hour celebration was just the beginning of what they have in store for April. As part of Earth Month, City Hall is starting its community clean-up campaign which kicks off on April 1.

If you're interested in cleaning up a local park or school yard, City Hall will provide all the supplies you need and will also be giving away prizes all month long.

Treffry said these campaigns are a great way for people in the community to get together for a good cause.

"Earth Month is also about public participation. Working together, getting the community involved and working to address their environmental issues," said Treffry. "Not only that, it's a celebration."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could bring back any TV show
from your childhood,
what would it be?

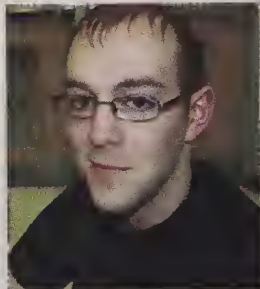


"Gumby."

Alyssa Van Eck,
first-year
OTA/PTA

"The Uh-Oh game show."

David Trochimchuk,
first-year
electrical engineering



"Gargoyles."

Michel Richer,
first-year
TV broadcast



"Sailor Moon."

Erica Hallock Dobson,
first-year
OTA/PTA



"Arthur."

Rebekah Wilkie,
first-year,
early childhood education



"Saved by the Bell."

Brandon Ermacora,
first-year
TV broadcast



Smile Conestoga, you could be our next respondent!

With passion, dreams can come true

By CASSANDRA BOURGEOIS

A former Conestoga student has taken the small screen by storm. Carrie Humphries, former broadcasting student, current host of the Indie Rock Invasion Show on CJIQ and feature writer for Echo magazine, has just added one more major accomplishment to her growing list. Her show, *I on Music*, debuted on Rogers TV on March 11.

The show will air on cable 20 Fridays at 4 p.m. and Sundays at 6:30 p.m. In every episode, Humphries will go backstage with local musicians to see what makes them tick, what their passions and pitfalls are, and most importantly, what goes into the music.

"It gets into the backyard of the local music community," said Humphries. "There's just so much talent that lives in the tri-cities."

The show was a venture of I.R.I.S. Entertainment, a promotion management and booking company founded by Humphries. She recognized there was a gap in the media where local music was concerned and she wanted to fill it with something that could reach the whole community.

"We want it to reach everyone from the grandfather who wants to know what his grandson has on his iPod, to



PHOTO SUBMITTED

Carrie Humphries, host of Indie Rock Invasion on CJIQ, Echo writer and former Conestoga student, has a new show on Rogers TV called *I on Music*.

teens who are hoping to pursue a dream of their own," she said. "We're really excited about the new opportunity Rogers has offered us. We feel really blessed by where I.R.I.S. has gone and we couldn't be more grateful."

The most important thing to Humphries is making sure local bands can get the recognition they deserve. She wants to make sure their music is heard and accessible by all.

"It's such a wonderful experience seeing these people in their beginning stages," she said.

Humphries has had no

problem finding bands to do the show. Her entertainment background has provided her with lots of connections, and bands have been approaching her because they want to be a part of the new show.

Everything Humphries does is in some way an extension of I.R.I.S. Entertainment. She launched the company in July 2008 with fellow radio host Todd Donald, and started hosting the Indie Rock Invasion Show on CJIQ.

"All of these things are new opportunities for indie bands to bring their music to the market," she said. And, of course, that includes her work for Echo.

"I get what it's like to be a musician, to write your own music, and to desperately want people to hear it," she said. Her home life is filled with music, where she's surrounded by her music-loving family. She met her fiancé at a show she was promoting (he was a roadie for his brother's band) and her kids are starting to learn how to play the piano, acoustic guitar and bass guitar.

Even in her downtime, Humphries is never far from her passion. She and her friends love to go to live shows.

"What I love about the music community in our town is that people are out there to forge friendships," she said.



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Watch video, raise money for World Vision

By KATHRYN SCHNARR

On March 11, a 9.0 magnitude earthquake and tsunami obliterated the northeastern towns of Japan. While cars, buildings and ships were being tossed around like small toys, many people watched from around the world wondering what they could do to help. For those looking to donate to Japan, or any other global cause, there is now a simple way to do so.

David Smiderle, an international business professor at Conestoga College, has created and produced a music video for World Vision. The song featured in the video, entitled Sunny Day, was written by Smiderle, and has been uploaded to YouTube. Smiderle has the support of 10 friends, family members and co-workers, who are willing to donate one penny per view to World Vision.

"World Vision does amazing work," said Smiderle. "They give hope to countries and families that don't have any. They make sunny days. I hope that watching this video cheers peo-

ple up, and makes them realize not to worry about the little things in life. I want it to send a positive message."

The goal is to raise \$1,000 for World Vision. Viewers can also click on the link posted below the video and choose a cause to donate to themselves. According to World Vision's website, www.world-vision.ca, the charity is helping with and donating funds to tsunami relief, the restoration of Haiti and much more. To access the video, viewers can simply go to YouTube and type "Sunny Day by Fuzzy Panda" in the search box.

With the help of an editing crew and volunteers from his community in Guelph, Smiderle was able to bring his vision to life. "I think the video turned out totally amazing," he said. "So many people donated their time and help to make this happen."

Smiderle plans to promote it through social networking websites such as Facebook and Twitter. He encourages people to watch the video, in hopes that his goal can be reached as quickly as possible.



PHOTO BY KATHRYN SCHNARR

Sponsors plan to donate one penny per view of Smiderle's Sunny Day music video. He is encouraging students at Conestoga College to get on their computers and watch the video and support World Vision. If 5,000 students watch it 10 times, Smiderle will have raised \$500, and will be halfway to meeting his goal.

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A super card a super idea

By AMANDA BAINES

In this day and age, it is rare to find people who carry cash; and really, why would they? Debit and credit cards, gift cards and loyalty cards are everywhere and are available for almost everything.

The University of Waterloo and Wilfrid Laurier University even combine the bus pass, gift card and student I.D. into a "super card," allowing easy access to funds and transit with just one card.

Conestoga students, however, do not have super cards, instead carrying at least three cards in order to achieve the same thing. We think things should be simpler. We are urging the college to make available one card that could be used at Tim Hortons, The Bookstore and the cafeterias and as a bus pass. It would be great if it could be used at vending machines as well.

Students who drive could opt out of the bus pass portion, much like those who choose not to enrol in Conestoga Students Inc.'s student benefits plan can do. Two different designs for the student cards would allow transit officials to recognize students who had opted out and, best of all, Conestoga students would no longer be envious of university students.

Conestoga was recently recognized for "playing with the big boys" after not only being the first college to compete in the Senior Design division of the Ontario Engineering Competition, but also taking home first prize. The team then took second at the national competition. If we are competing against them, shouldn't we be treated like them?

We believe that since we can keep up with the universities, we should be given the same perks they are.

When college students are not given the same opportunities as those at university, it can be frustrating. Sometimes, mom, dad or grandma may want to help their family member through school – and not just buy another round of beers on Friday night. A reloadable card would solve all their worries and having the bus pass would ease the minds of those who tend to be a bit frazzled or absent-minded.

If Conestoga College is considered a big boy, it's about time to lose the training wheels and let us ride – with only one card, like the "big kids" at the universities do.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

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University student cards double as bus passes. So why can't ours?

Rambling emails have U of W students concerned

For the past few months, the students at the University of Waterloo have been living under the spectre of a series of rambling emails of a distinctly misogynistic nature.

The emails, which have been sent from an anonymous Gmail account, is similar to the anti-female postings made on Facebook and the posters which covered the campaign posters of female candidates for the school's Federation of Students in February.

The anonymous postings have raised worries at the university. Students are concerned about the potential for violence.

The latest round of attacks have been focused on the potential for nuclear disaster in Japan, by claiming that Marie Curie (the mother of nuclear medicine) is responsible for every nuclear disaster that has ever taken place in the world. So not only have they been attacking women, but they have been trivializing what Japan has



Paul
Irvine
Opinion

been dealing with in recent weeks.

Earlier postings also claimed that since Marie Curie supposedly is responsible for things like Chernobyl and Three Mile Island, women the world over are unfit to hold any position of power.

I believe, and I hardly think I am alone in this, that the rambling attacks from this anonymous misogynist are unlikely to gather any traction amongst the general populace.

However, the students at the University of Waterloo still shouldn't have to live in fear.

This is why I believe the Respect Campaign run by Conestoga College is so important. While I would hope that its basic message

is already apparent to most of us, it's fairly clear that there will always be people who, for one reason or another, hold entirely backward views on gender issues. This sort of hate can easily apply to other segments of society, such as sexual orientation, belief or race.

It's so important to recognize and respect each other for our differences. Remember that when you are disrespectful toward one group, you are indirectly threatening the safety and well-being of every other recognizable group on campus.

I hope that whoever is making these postings ends up getting caught, and gets the help he or she needs to be able to function in society without harming others. I stand by the students of the University of Waterloo, and wish them well as they deal with this poison in their midst.

After all, it's important to remember that when you hurt one of us, you hurt all of us.

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Fair connects students with employers



PHOTO BY COURTNEY WINHOLD

Meredith Ovenden, left to right, Pavell Roshanov, Gurpreet Rosales, Aleena Aftab, Sandra Sabaratnam, Thivaher Paramsothy and Wanda Olivares were among some of the attendees at the Careers in Health Informatics and eHealth event on March 21.

By COURTNEY NIXON

The first regional Careers in Health Informatics and eHealth event was held at The Communitech Hub on March 21 to inform students of the career options in health informatics, eHealth and Health IT.

The event was organized by student representatives from the University of Waterloo health informatics club, the Conestoga College health informatics student group and the national student forum for health informatics.

Its main purpose was to provide employment connections to students seeking employment or co-op opportunities in the emerging fields of health informatics, which refers to "the discipline that explores how information, information management and information and communications technologies can support and advance health and the health system."

The event brings together students with skills in health informatics with companies and organizations that might be interested in employing them in an intimate networking environment.

"I hope students learned about the important and growing field of health informatics and will understand the importance of extra-curricular events to a student's life," said president of the UW health informatics club Thivaher Paramsothy.

"We have set up 18 different booths for each participating company and two for career services from UW and Conestoga College. We also have three booths for UWHIC, Conestoga College's health informatics program and NSF (National Student Forum)," said Paramsothy.

Health-care agencies, health-care organization and hospitals attended, such as Agfa Healthcare, Canadian Digital Media Network, CGI, CHIMA, Client Outlook, COACH, eHealth Ontario, Goldcare, Grand River Hospital, Global Village Consulting, HiNext, ITAC Health, Karos Health, London Health Sciences, MedShare, NexJ, OntarioMD and RL Solutions.

Facts show that currently institutions in Canada produce only 100 to 200 graduates in these fields a year, while an estimated 12,000 health informatics professionals will be needed in the next five years to satisfy the demand for expertise across our health-care system.

"I think this statistic clearly displays a significant invest-

ment needs to be made at the post-secondary education level to satisfy the demand for health informatics professionals. I have noticed more health informatics programs popping up across Canada but there still is much work to be done," said Paramsothy.

The event began with an information session from guest speakers, Kevin Tuer, managing director, Canadian digital media network, Don Dennison, director, eHealth and regional health business, agfa healthcare, and the keynote speaker Steven Strauss, science writer and columnist who was sponsored by the dean of health and life sciences and community services, Marlene Raasok.

"Running these events allows students to expand their knowledge. Students traditionally learn in classes but with these events, it provides an important supplementary source of knowledge," said Paramsothy.

The speakers gave a short presentation about their experience in health informatics, eHealth or Health IT. They also spoke about their job and role in these fields, what they enjoyed and found exciting about work and what organizations are looking for in potential new employees.

"Students will know about the opportunities that exist in the industry and will gain advice and learn about the experience of recent graduates," said student ambassador Aleena Aftab.

Students from many Ontario institutions had the opportunity to speak to participating employer representatives during an information exchange and informal reception.

"The students learned about current knowledge and network with industry leaders. Above all, the students gained a mindset at the event to apply the knowledge they gained in classes and understand how it applies in the real world," said Paramsothy.

"The event was a tremendous success and we had an excellent turnout. We received absolutely positive feedback from all event sponsors and participants. I was pleased to work with students from UW and the National Student Forum for Health Informatics in the organization team. I hope to organize more events like this with this extraordinary team. It's events like CHIE that make us realize the real potential of student leadership," said Aftab, event organizer for the event and student ambassador for Conestoga.

Be the difference. RESPECT WEEK

Monday March 28th to
Friday April 1st

SMILE DAY

Monday

Just a smile can have an impact!

Celebrate with the Respect Student Committee
how a smile can make a difference!

WALK A MILE DAY

Tuesday

What's it like being in the shoes of someone different from you?

Learn about some of the experiences and challenges
of other Conestoga students from the perspective of our Respect Posters!

DIFFERENCES DAY

Wednesday

Celebrate the differences in respect between cultures!

Hosted by the English Language Studies - Level IV program,
celebrate what respect looks like in different cultures!

POSITIVE DAY

Thursday

How can you brighten someone's day with a positive act?

Get some ideas of positive acts of kindness you can perform for
your friends, classmates and teachers to show how much you appreciate them!

GAMES DAY

Friday

It's April Fools! Come play with us!

Play the interactive Respect games in the Lower Atrium
and explore the importance of respect!

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Love and Other Drugs may cause tears

By VICTORIA SPRACKLIN

Love can be a tough pill to swallow. The film *Love and Other Drugs*, which recently came out on DVD, makes you dry swallow that pill and leaves a bitter aftertaste. A tale of two unlikely lovers, a scenario which has often been overdone time and time again, is revisited.

The swarthy playboy Jamie Randall (played by Jake Gyllenhaal) becomes a salesman for drug giant Pfizer. He can get his meds on any doctor's shelf and any woman into bed. That is, until he meets Maggie

a patient with a snappy and unforgiving attitude. Of course, Jamie tries every attempt to make Maggie melt, but she takes hold of the reins of their would-be relationship.

The big twist of fate that threatens to pull the two apart isn't another lover or any clichés found in most romantic comedies. Maggie is suffering from stage one Parkinson's. That, and she has a fear of commitment.

The two have an on-again off-again relationship (mostly set in the bedroom) and eventually come to the conclusion that regardless of Maggie's disease, Jamie

Movie Review



loves her. He needs her as much as she needs him.

Cue credits and grab the tissues.

While the film starts out like all typical love stories, it becomes heavy-handed and predictable. Two people who both had trouble committing find love in one another. Woman denies attachment, man changes his ways, the

two fall in love and everything is perfect again. All the while he helps her through her ailment, (which is painfully depicted throughout the movie) and shows her she can live her life regardless. And that he'll be there every step of the way.

And the message? Relationships are all about dependency. Is this really a great theme to send out?

The film certainly does have its better moments though. In fact, the film is set around the same time the miracle pill Viagra has its rise to fame. Jamie then becomes the popular pusher

of the drug every man lusts after, further boosting his already engorged ego.

The only other quality that makes this film bearable is the amount of skin shown by both lead actors. Girls can drag their boyfriends to this chick flick, and both can find enjoyment in Hathaway and Gyllenhaal's steamy love scenes.

Though the movie caused a few chuckles, hopeless romantics had better get their Kleenex ready for the tear-jerking moments.

I give this film 3 out of 5 stars. It certainly has its high moments, but I'd rather be sedated.

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A Visual Merchandising ... of Conestoga College

Jake GYLLENHAAL

LOVE & OTHER DRUGS

Anne HATHAWAY

INTERNET PHOTO

Two lovers, Maggie Murdoch (Anne Hathaway) and Jamie Randall (Jake Gyllenhaal) undergo a whirlwind romance in *Love and Other Drugs*. Murdoch suffers from early onset Parkinson's disease, and Randall is a self-assured Viagra salesman. Together, they must learn to understand the difference between loving and taking care of each other. The movie is now available to purchase on DVD and Blu-Ray.

Build a better body with CrossFit

By NATHAN RIENSTRA

While many of us are thinking about getting in shape for the summer, a lot of us are wondering where we'll receive the support and get the motivation.

But CrossFit offers a solution, and it's right here in the city.

"First and foremost we are a community, (but) more so a family," said Arthur Montesinos, a trainer at CrossFit Kitchener. "In no other sport/training system do you get the loudest cheers for the ones that finish last."

CrossFit is a strength and conditioning program designed to eliminate the excessive use of weights and/or other pieces of equipment which would likely only isolate one specific muscle. Originated in California by Greg Glassman, CrossFit, which is recognized worldwide as an effective, easy-to-apply full body workout, came to Kitchener just shy of two years ago. Though it may not require the use of many typical weights or machines, it does include a number of unique objects – ranging from bumper plates, tires, ropes and plyometric boxes – to make working out a more exciting experience.

"A few of us trainers all took the CrossFit course together and found out we all lived within the Kitchener region, and (we) wanted to have a place that we could actually do CrossFit ... because it's just not realistic to do this stuff at a regular gym," said Lars Bredahl, another trainer at CrossFit Kitchener.

According to Bredahl, people who use CrossFit as a way of getting in shape are usual-



PHOTOS BY NATHAN RIENSTRA

Lars Bredahl vigorously demonstrates a variety of exercises at CrossFit's Kitchener location. These "functional movements" require very little use of weights and are used to train the body as a whole.

ly more interested in fitness as opposed to how they look physically.

They would do well in any fitness competitions that required a broad range of movements and exercises, such as triathlons, he said. "The idea is that the people are the machines. They are the equipment."

But according to Montesinos, members see each other struggle at times and they empathize with each other. He said there is always an encouraging word from either the trainers and staff, or, perhaps more importantly, the other members.

CrossFit incorporates various exercise groups into its program, some of which are monostructural activities, weightlifting and gymnastics.

In the monostructural group, exercises such as sprinting, rowing and skipping are focused on. Weightlifting tends to include Olympic weightlifting, powerlifting and other types of lifting involving kettlebells and medicine balls. Finally, gymnastics includes exercises such as push-ups, sit-ups, handstands and pull-ups.

"(But) the workouts change everyday, so you might never see one workout again, ever," said Montesinos, adding that the workouts that do come up on a more frequent basis are what CrossFit calls its benchmark workouts. According to Montesinos, these more frequent workouts are typically against a

clock so that progress can be tracked without discrepancy.

CrossFit Kitchener, which recognizes the importance of encouraging appealing exercises, offers exercises that would not only — appeal to novice athletes but also to people who are already fairly active in the warmer months.

"We tend to train a lot more outside, in parks, sta-

diums and generally in open air conditions," said Montesinos.

Individuals who are interested in training at CrossFit Kitchener can book a free consultation with one of the CrossFit trainers by contacting Joanne Mittelholtz at joanne@crossfitkitchener.com or 519-208-7240. More information on rates and schedules can be viewed at www.crossfitkitchener.com.

COUNSELLOR'S CORNER: SELF-ESTEEM

Talking about self-esteem, people use phrases like "She has high self-esteem" or "He has low self-esteem." We all have strengths and weaknesses and our attitude toward these affects our self-esteem. Reactions to low test marks vary from "I didn't do well on this test" to "I'm stupid."

How you regard your relationship skills, personality, job and school performance, body image or sexuality all impact on your self-esteem. This influences how you view opportunities and limitations. For example, do you avoid social situations fearing others won't like you? Do you avoid new experiences because you anticipate failure?

You can grow in self-esteem by developing confidence and strengths from within. Self-esteem doesn't change overnight. It builds slowly by taking care of you; developing support and intimacy, setting realistic goals and learning positive self-talk. The objective is to accept yourself and acknowledge your value as a human being.

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This addiction is insidious

By GERALD UPTON

"I remember, several years ago, I went out on a routine errand," said John. "I didn't get back for 14 hours, and I didn't bring back what I went out for. I told my wife I'd gone for a long walk and just lost track of the time. I lied to her. She accepted it, but I'm pretty sure she didn't believe me."

The above quote is not about a pub crawl or an alcoholic blackout. We're talking about computer addiction, a growing but largely unrecognized problem. The quote is from a real person. He prefers that his name not be revealed for personal reasons. John is a pseudonym.

"I went to Conestoga College," said John, "where I knew I could get the use of a computer for free. I had a new game I wanted to try out."

Dr. Maressa Orzack is a licensed clinical psychologist at McLean Hospital in Massachusetts, and the founder and co-ordinator of the Computer Addiction Service at the hospital. She originally treated drug addiction, and became aware of her own problems with computer overuse. She thinks it is similar to drug addiction. Her service is the only addiction centre in North America that specifically deals with this problem exclusively.

According to the CAS website, "Addiction to the computer and/or Internet is a complex problem which is developing due to the rapid spread of computer use around the world. Computer addiction, like other addictions, is the use of computers in order to change an individual's mood. Computer use



becomes abuse when it interferes with one's work or school, or disrupts personal and family relationships, and becomes increasingly necessary in order to feel good."

"I loved the game!" said John. "I played it for 12 hours straight. I didn't go to the bathroom until I was in pain. I didn't eat or drink anything the whole time. At the end, when I finally got up and walked away from the computer, I was weak and dizzy."

"These symptoms could indicate a condition called computer addiction, Internet addictive disorder or cyber addiction," says Orzack's website. "It is a problem very similar to pathological gambling or compulsive shopping."

John continued, "While I

was playing, I kept telling myself that I would stop any time. I knew I shouldn't be spending all this time on this, and that my wife would be wondering where I was, but I couldn't quite come to the point of breaking away."

This is a problem that is becoming increasingly prevalent these days.

"Clinical Psychiatric News reports increasing complaints related to computer use," says Dr. Orzack's website. "At many colleges and universities, counsellors and deans of students report increases in inappropriate and excessive computer use associated with rule infractions, student failures and academic dropouts. Lawyers find that compulsive computer use can be a major factor in divorce."

"We are woefully underprepared to deal with the collateral damage caused by gaming and Internet," said Randy Smith, owner and therapist at Alphanon Consultants Inc., "and that in the very near future we will start to see (that damage) very dramatically in our society."

Alphanon is the only institution in Kitchener-Waterloo that claims it specifically treats computer addiction.

The problem has been more openly identified in China, where they are striving hard to move ahead in the modern world of technology. The China Internet Information Center has issued a report on it. They claim that approximately 15 per cent of Chinese adolescents have "Internet addiction disorder."

Some authorities have gone even further. In 2004, "Hong Kong launched its own public service campaign," reported Lea Goldman, staff writer for Forbes magazine. "The deputy government chief information officer warned that 40 per cent of his city's youth were addicts."

Others take it seriously enough to try to make money from the phenomenon. The SpectorSoft software company offers software that monitors computer use. It suggests that companies can use it to check up on how productive or distracted their employees are, but it also advertises that it is "Software to check on your children to see if they are addicted to computers."

All this may be going overboard, but at least the problem is being recognized. In North America the problem

is hardly even acknowledged. There are apparently only three centres in the United States that deal with the problem, and only the CAS deals with it exclusively. There is one addiction treatment centre in British Columbia that offers to treat computer over-users, but when contacted they admitted that they had not admitted any yet.

Part of the problem involved in determining the exact dimensions of the problem is the generally pervasive use and requirement of computer use in today's society. If you don't have at least one computer in your home, you're behind the times. Almost every desk in every office has a computer screen growing from its upper surface. You can carry your computer with you, and don't even need to plug it into anything. Social interaction is in cyberspace, and even the highly popular portable cellphone is turning into a portable minicomputer. People have come to believe that you can't function in this modern society without a computer. Much like an eating disorder, you can't cure computer abuse by cutting it off completely.

When I started looking into this about four months ago, no one locally admitted that they treated computer addiction. Either they suggested I call someone else, or they just didn't return my calls.

"It's not being admitted to and there's a reason for that," said Smith of Alphanon Consultants Inc.

SYMPTOMS OF COMPUTER ADDICTION

The Computer Addiction Service website identifies symptoms specific to computer addiction as:

- ◆ Having a sense of well-being or euphoria while at the computer;
- ◆ Inability to stop computer activities;
- ◆ Craving more and more time at the computer;
- ◆ Neglect of family and friends;
- ◆ Feeling empty, depressed, irritable when not at the computer;
- ◆ Lying to employees and family about activities;
- ◆ Problems with school or job.

The Diagnostic and Statistical Manual of Mental Disorders does not include any of the above definitions of computer addiction as a mental problem.

Neither the American Medical Association nor American Psychiatric Association list computer addiction as a valid diagnosis.

The currently accepted stance of the APA is that computer overuse is not truly an addiction, but actually a compulsive behaviour linked to an underlying condition. In their minds, the compulsive computer user is no different from your average TV couch potato.

Continued on Page 9

♦ From Page 8

He implied — but did not quite state outright — that there are too many huge computer companies today that have a vested interest in keeping problems with computer addiction quiet. He thinks that we are being conditioned into over-dependence on computers.

Just as examples, Microsoft is rated as the second wealthiest company in the U.S. Apple is the fourth.

Can we get along without our computers, Smith asked, or have we just been conditioned to believe that we can't?

"We have somehow set up a platform saying that if we want to function in the world we have today, we need to have Internet, we need to have cellphones, and on and on and on."

"Like cigarette smoking," said Smith, "we're not really looking at the impact over the long term, and like smoking it will bite us like smoking is doing now. Cigarette smoking is bad for you, whether you smoke one or 100 it doesn't matter."

He thinks there are other parallels as well.

“

There are too many huge computer companies that have a vested interest in keeping computer addiction quiet.

”

"It's a matter of recognizing that the same type of people who encouraged people to smoke despite the obvious and stated hazards, are in my view now the people that have been employed in the gaming industry to get people — at the peril of their own well-being — to continue to participate in these games."

If you don't believe computers, Internet and computer gaming can be addictive, try typing "world of warcraft addiction" into your favourite search engine. See how many hits you get. Start reading.

Smith also said that in some ways computer overuse is similar to drug addiction. "We look at certain drugs and what they do is they put you in a place you like."

He said in some ways computers are worse than drug addiction. He deals with young, susceptible, intelligent students, and is appalled at what he sees. "They're failing in their school, they're failing in their family. It has been a very hard struggle for them. Frankly, I deal with everything from heroin to methamphetamine (addiction) and it's quite appalling to me when

you take somebody that actually has clarity of mind and do something like this to them."

"It's much more insidious than it is with someone who is drinking alcohol," he said, "and is arrested for drinking and driving and they suffer societal sanction. They get a message, but in this case (computer addiction) there are none. It's similar to smoking many years ago when there were no societal sanctions."

He says it is a problem that is particularly prevalent in the young and intelligent. "Don't go down to University Plaza unless you want to get scared. Four abreast walking down the street all playing with their Blackberrys until they can get to a machine where they can sit down and do their stuff. Or talking to each other across the room in a coffee shop, texting each other. It doesn't really take a genius to think if this is the height of communication skills, where are we going to be?"

Cecil Kuwabara, clinical supervisor at Mosaic Counselling and Family Services in Kitchener, doesn't see computer addiction as a problem in itself.

"It is often just one aspect of other family problems," he said.

Andrew Coppolino, an instructor at Conestoga College, suggests that computer addiction in students has caused them to perpetuate a myth; the ability of the younger generation to multitask. Thus they can pretend to participate in class or work on assignments while still clinging to their computers. He doesn't believe in this myth.

"I would certainly challenge that they can do it to the level of my satisfaction in terms of the intellectual rigor of what they're dealing with," he said. "I don't doubt that they can do a very superficial job and get it done and get it handed in. But when I look at it, I'm always shocked by the superficiality of it, the miscalculated logic, the poor examples, and then, of course, on the surface, bad spelling, bad punctuation, bad grammar. I only wonder, if they put their minds to this, could they become better thinkers, better critical analysts, and could they actually write a better document if they were just focusing on one thing."

So as computer use takes over our technology, computer overuse will become more prevalent, particularly because it is less noticeable and less treatable. Could this be the first sign of the great technology takeover, as envisioned in the recently popular film trilogy *The Matrix*?

DON'T LET THE MOON GET IN YOUR EYES



PHOTO BY COURTNEY NIXON

The super moon, the largest full moon in more than 18 years, occurred on March 19 when it was at its closest position to Earth. It appeared 14 per cent larger and 30 per cent brighter than the smallest full moons we see.

DON'T LET THE SUN GO DOWN ON ME



PHOTO BY GERALD UPTON

March 20 was the official first day of spring, however, the Vernal Equinox actually occurred on March 17 when daylight exceeded nighttime by one minute. Spring was ushered in with a glorious sunrise, assisted by all the pollution in the air. Time to quit smoking and leave the car at home.

DON'T LET THE SUDS STOP FLOWING

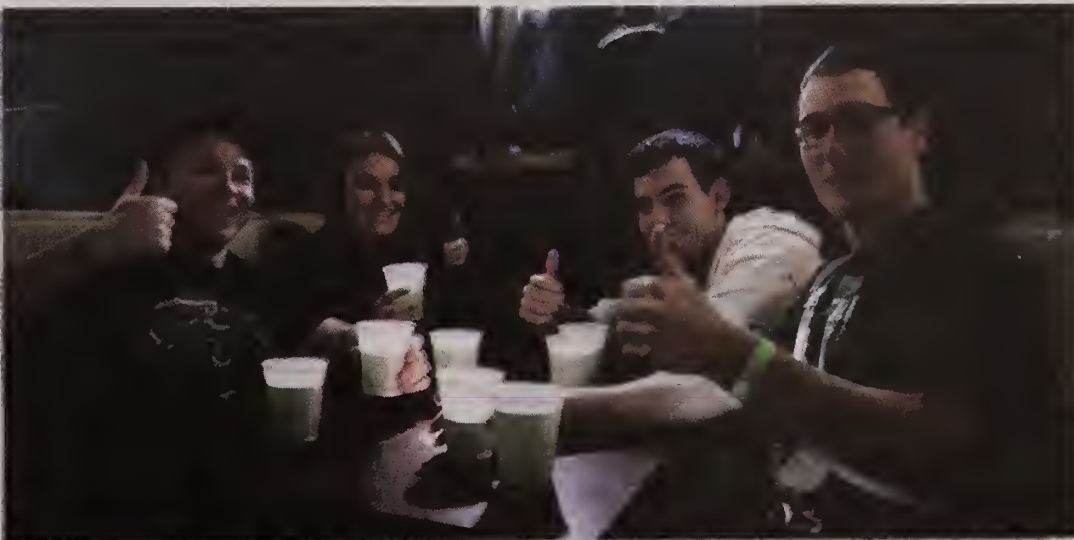


PHOTO BY MARCUS MATTHEW

It was green beer frenzy as students packed the Sanctuary to celebrate St. Patrick's Day on March 17. Four first-year students in the law and security administration and police foundations programs are all smiles as they drink their colourful beer. Above are Dustin Karpinski, Jamle Blancke, Brad Balding and Mattan Jones.

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'rare' buildings get makeovers

Renovation technician students put their talents to work

By **THOMAS PARENT**

The second-year renovation technician students are making something old, new again, as they began renovations last week on an old farmhouse. Forty students from the program have been hard at work refurbishing the 150-year-old house located near Doon campus on Blair Road.

Under the supervision of faculty members, the students did what demolitions needed to be done and began the restorations. From removing old plaster, putting up drywall, rebuilding the roof and window frames and reconstructing the old porch, the students have been working diligently at restoring the building.

The farmhouse and stone barn are owned by rare, a charitable research reserve organization dedicated to environmental conservation, restoration and education. Located on 900 acres of land owned by rare, the buildings will become their new facilities for education programming.

"This is going to be the main facilities for hundreds of school kids to come and learn," said Amanda Newell,

garden co-ordinator for rare. "We've got phase one of barn renovations done and we're moving onward."

And though this is a great hands-on learning experience for the students, it will also have great impact on the heritage of the community as well since the barn itself is one of only four slit barns (a type of stone barn built with slits in the side for ventilation) left in Ontario.

"The project is a highlight of the program for our students," said Doug Lockston, carpentry professor in the School of Trades and Apprenticeship. "We are tremendously grateful to our sponsors for helping to make this project possible. The purpose of this was to give back to the community, that's why we use a nonprofit organization."

The cost of the renovation is estimated at \$60,000, though all supplies were donated, and well, the labour is also free. Donations from sponsors for this year's program included Swanson Home Hardware, Strassburger Windows & Doors, Pioneer Craftsmen, Schnarr Craftsmen and the Stone Place.



PHOTO BY THOMAS PARENT

Forty second-year renovation technician students work diligently to restore this 150-year-old farmhouse on Blair Road in Cambridge.



PHOTO BY THOMAS PARENT

Rebuilding a roof and window frames were just part of the renovations completed by the Conestoga students.

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Wellness Week fun and informative

By ERIN FARRAR

Health and Wellness Week kicked off on March 14 with a full week of events planned to get students more health conscious. On March 15, general arts and sciences students who are taking the student success course put up displays about different health topics, providing students with valuable information. One display was focused on safe sex and the students who made the display were asking passersby to play a game with them.

The game was your basic beer pong but with a twist. Students threw a ping pong ball across the table, attempting to sink it in one of numerous cups that were set up. The difference was that half the cups had water in them and

the others had water mixed with food colouring. The cups with food colouring were meant to represent a person's 50/50 chance of getting a sexually transmitted infection if they have unprotected sex.

The students also displayed information on a billboard and handed out flyers about sexually transmitted infections as well as showing an eye-opening video. Their mascot of the day was Captain Condom (Tim Misener, a student in the general arts and sciences health option program). "I thought the whole experience was fun and informative," said Misener.

Other displays included information about living a balanced lifestyle, finding out if your iPod is affecting your hearing and blood pressure clinics.

Don't drive while intexticated

By ERIN FARRAR

Health and Wellness Week included many different displays and activities created by students taking the student success course.

On March 16 in the atrium, one group created a display depicting the horrors of texting while driving.

Passersby were encouraged to attempt to operate a video game car on Wii while texting on their phone at the same time and trying not to crash. The purpose was to show how easy it is for people to stop

paying attention to the road while distracted by their electronic best friend.

General arts and sciences student Brittany Richards created magnets and stickers to hand out to students, staff and faculty, reminding everyone not to text while operating a vehicle. There was also a petition available for students to sign which was a campaign set up by Oprah Winfrey.

"I hope people will try to make a difference to make our roads safer and will sign Oprah Winfrey's No Phone Zone pledge," said Richards.



PHOTO BY ERIN FARRAR

Captain Condom (Tim Misener) and Tom Hajduk, students in the general arts and sciences program's student success course, grab people's attention to promote safe sex during Wellness Week.

LISTEN UP! IF YOU CAN



PHOTO BY LISA OLSEN

Lisa Townsend and Navreet Swatch demonstrate an ear canal check on March 17. The free checks were performed by hearing instruments specialist program students and were part of Wellness Week at the Doon campus. The checks involved placing a camera inside the ear, with the ear canal and drum magnified on a screen.



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Help the hungry

Marketing students issue food donation challenge

By MANDY LIVERANCE

Students at Conestoga College are asked to be extra generous this week.

Christina Dasilva and Cindy Chanthaphone, both third-year marketing students, have organized a food drive competition between the various programs at the college for their events planning class. All donations from this event will go to the CSI food bank that provides food to any Conestoga student in need.

"It's a great thing that students want to create an event based on students helping students," said Tara Herriot, CSI event co-ordinator, who is also helping with the event.

From March 28 until April 1, programs will be divided into five sections and have designated bins placed at Door 4, which is at the top of the stairs by the main cafeteria. Donations of non-perishable food items can be dropped off anytime.

As this is a fundraising event and many students are involved, winners will not receive a prize but programs will receive recognition for their generosity.

WHICH BIN IS YOURS?

- Bin 1 - School of Business
- Bin 2 - School of Career Academic Access, School of Liberal Studies, School of Media and Design
- Bin 3 - School of Engineering and Information Technology
- Bin 4 - School of Health & Life Sciences and Community Services
- Bin 5 - School of Trades and Apprenticeships

HOLY SMOKES! THAT'S SOME GOOD FOOD



PHOTO BY LAURA BENNETT

Kyle Mackenzie, a first-year student in the advanced police studies program and a graduate of police foundations, cooks hamburgers and hotdogs at a charity barbecue on March 16. The barbecue, as well as a dodgeball tournament, was organized by police services students and all the money raised went to the Camp Trillium Cancer Foundation for kids.

Dodge for Camp Trillium

By ASHLEY IDLE

They ducked, dodged and weaved for a good cause.

Seventeen teams came out to a dodgeball tournament run by the advanced police studies program to raise money for Camp Trillium on March 16 at the recreation centre.

Camp Trillium is an organization that works with sick children and their families to allow them to enjoy being kids and spending time as a family.

This year was the second time a tournament was held to raise funds for the camp. Last year, the program held a volleyball tournament. This year, along with the tournament, there was a bake sale and barbecue held to raise extra money for the cause.

Students taking part in the tournament could register a team of eight to 10 people, and each had to pay a \$10 registration fee. Along with the funds collected from food sales, the students raised \$2,038 to help send sick kids to camp.

The advanced police studies students felt strongly about giving to Trillium, largely due to one of their teachers, Colleen Holmes. She has



PHOTO BY ASHLEY IDLE

Duane Shadd, left to right, Kyle Mackenzie and Geoff Johnstone helped out at the barbecue. The dodgeball tournament that followed had 17 teams take part.

strong ties to the foundation because of her son Danny's fight with cancer and what the organization did for her and her family.

Students involved agreed that it was the right cause to put their efforts toward. "It's the least we can do for her," said Jessica Bloetjes.

Jack Fidley also commented on the fight against cancer and how it reaches into so many lives. "It's touched everyone," he said.

Holmes was touched by the

effort her students put into organizing the event. "They're amazing people. I hold them in high regard."

Holmes lost her son Danny to cancer, but not before she and her family got to work with Camp Trillium. "My son got to experience the camp at Trillium ... they made him laugh, they made him smile," she said. She also said that thanks to Camp Trillium her family got to feel some peace for a week.

"Danny was a very special

boy," she said. "I was lucky to have known him; lucky to have him call me mama."

"I can't thank my students enough for caring for every child in the future that has to make this walk," said Holmes. "Nobody deserves cancer, especially a child."

Gary Colbourne, one of the organizers of the event, thanked everyone for their efforts.

A cheque will be presented to the organization on April 14.



HOROSCOPE

Week of April 1, 2011



Aries
March 21 -
April 19

You will be struck by an uncontrollable urge to eat a plastic spork. Needless to say, you should probably consult a physician.



Libra
September 23 -
October 22

Libra, this week you will break free from old paradigms, and truly stand on your own.



Taurus
April 20 - May 20

Taurus, a Leo friend will look to you for guidance this week. Provide him or her with Aquarius's horoscope to help them out and be a decent friend.



Scorpio
October 23 -
November 21

Venus and Jupiter will align in your sign this week, giving you ample reason to look at Capricorn's horoscope for guidance.



Gemini
May 21 - June 21

Gemini, your sign is antero-grade with Scorpio, so feel free to look at theirs and base your decisions on the week off of it.



Sagittarius
November 22 -
December 21

With mercury in retro-grade, and the sun in your fifth house, your horoscope this week is actually identical to Cancer's. Imagine that!



Cancer
June 22 - July 22

When the moon enters your sign on Tuesday, you'll find that your day goes exactly like your Pisces friends.



Capricorn
December 22 -
January 19

Look out, Capricorn! Your week will be somewhat insane, but you can escape this somewhat by looking at Leo's horoscope and basing your decisions off of that.



Leo
July 23 - August 22

Leo, this week you should look to friends for guidance. A Taurus in your life will be able to provide you with the guidance you need. Start by looking at their horoscope.



Aquarius
January 20 -
February 18

Hello, Aquarius! Be sure to keep an eye on any Sagittarius's close to you, as they may be shifty. Take a look at their horoscope to see why.



Virgo
August 23 -
September 22

Congratulations! Your horoscope this week is extremely fortuitous and is exactly like Gemini's!



Pisces
February 19 -
March 20

The oort cloud that surrounds the solar system is interrupting your normal star-sign power. See Virgo for this weeks horoscope.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

No chastity belt, no degree

At Conestoga, a student could never imagine being expelled for not being a virgin, but the same rules do not apply for America's largest religious university, Brigham Young in Provo, Utah. BYU is prominent for its prestigious education but also its strict honour code.

All students must sign a statement agreeing to live a "chaste and virtuous life" which also includes a prohibition on premarital sex, drugs, alcohol, coffee, tea, tobacco, form-fitting clothing, facial hair, tattoos and earrings. These rules are to be followed by all students and Brandon Davies was no exception.

It was about a month ago when they kicked their second-leading scorer off their basketball team for having



Jessica-Lynn
Tabak
Opinion

consensual sex with his girlfriend. This decision will effect BYU's chances of winning the National Collegiate Athletic Association (NCAA) March Madness tournament, currently underway. It's obvious that Davies was fully aware of the institution's rules before he made his choice and he knew the consequences, but I think it's unfair to implement rules like this. There should be a separation between church and state.

A student's sex life and his caffeine addiction, shouldn't be anyone's business but his own. And to be looked down upon for being intimate, something that is so natural, is appalling.

I understand that people are aware of the honour code before they apply to the school, but how many people in attendance genuinely agree with the code or are being forced to be there by their parents? This takes away some human rights.

I am empathetic toward Davies and his family, friends and fans, as I'm sure all of them were looking forward to watching him during March Madness. Let's hope BYU changes its policies in the near future, thus entering the 21st century.

Hall Pass suits male audience

By BRITTNEY BELANGER

Films today are often mindless entertainment, depending on the genre. The Farrelly brothers came out with just such a film on March 8 called Hall Pass. The filmmakers took risks by creating this type of movie for the audience.

Containing vulgar language and full frontal nudity, this film is rated 14A, meaning it is not suitable for younger ages. Many dirty, vulgar jokes are told and the grotesque humour is offensive, although it is also effective entertainment for an older audience.

The storyline involves two suburban husbands, who after

Movie Review



disputes with their wives, are given a full week hall pass. Starring Owen Wilson as Rick and Jason Sudekis as Fred, the guys attempt to run rampant with their sexual desires without guilt.

After mishaps with pot brownies and explosive diarrhea, the guys discover that their game is not as up to speed as it was 20 years ago.

The two husbands begin to

realize that the freedom of cheating on their wives is harder than being in a committed relationship. They ultimately learn that the hall pass isn't as fulfilling as they thought it'd be. Coming to terms with this reality, they realize no women could compare to their wives. During the film, there is obvious sexism toward woman and how most men view the female gender.

The moral of the story is to never take what you have for granted, because you could lose what you have at any possible moment. The characters only learn this after their weeklong hall pass journey. I give this movie three out of five stars.

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Potholes creating headaches for motorists

By SARA BUSSE

They're everywhere, blending into the scenery and wreaking havoc on unsuspecting drivers. They're potholes, and they've attacked Kitchener and Waterloo streets this spring like orange spray tans have attacked the female population.

These tire-eating, coffee-spilling craters are created when moisture finds its way into cracks on the roadway. The liquid then freezes and expands which creates a new hole or expands an existing one. The number and size of potholes increases with the number of times the roads freeze and thaw.

Drivers are being forced to swerve around these annoyances every day.

"They are all over," said Rebecca May, a first-year bachelor of applied human services – community and criminal justice student, "And when you swerve to

avoid one, you hit another."

In Kitchener, 46 pothole claims have been filed with the City of Kitchener so far in 2011. In 2010 there were only six claims. Most are for bent rims and suspension system replacements.

A road without a pothole is a rare sight this spring and, depending on the size of the hole, the cost of bumping over one of these can be damaging to your vehicle. Tires, rims, suspension and steering can all be damaged by potholes.

In a recent article in the Waterloo Region Record, Scott Barry, Kitchener's road maintenance manager, said, "We're getting your typical severe pothole season on right now. We're putting a substantial amount of resources into it."

Road crews have been seen filling in potholes around the city. The article goes on to say that due to the amount of traffic and the constant hammering the roads are receiv-

ing, the new tar pops out before it has time to settle.

If you spot a pothole contact the City of Kitchener at 519-741-2514, and let them know the street it is located on, any cross streets, which lane (north or south bound) as well as the address of buildings it may be in front of. If your vehicle has received a substantial amount of damage due to a pothole you can file a claim with the City of Kitchener.

The best way to avoid damaging your vehicle is to leave space between your car and the one in front of you in order to spot a pothole before it's too late. Also remember to watch for other drivers when you swerve around a hole.

CAA says, "If it's impossible to avoid them (which sometimes it is), keep your steering wheel straight and avoid braking. Braking transfers the car's weight onto the front two tires which can increase the severity of the damage."



PHOTO BY SARA BUSSE

Potholes, such as this one, are covering Waterloo Region and area streets this spring. The freezing and thawing causes cracks to expand to bigger holes.

Fashion show brings 'AWEARNESS'

By ROBERT CONTE

Conestoga's visual merchandising arts program will be showcasing student designs in the AWEARNESS Runway Performance. The show will feature student designs that represent world issues as well as European

and designer fashions from Classique Boutique in Cambridge and new wedding dress styles from Bridal Village in Cambridge.

Tickets cost \$20 and can be purchased from students in the program or at Cornerstone Home Interiors where the event will be held

from 7 to 9 p.m. Tickets can also be purchased from Classique Boutique at 29 Ainslie St. N.

For more information contact Meghan O'Rourke at awarennessrunwayperformance@gmail.com, or Brittini Spies at brittinispies@hotmail.com

Expect respect

By LISA OLSEN

Conestoga is building respect with smiles, crayons and wheelchairs during the second annual Respect Week.

Running through to Friday, the week features a different theme every day, with activities to explore the concept of respect.

"(The week is about) helping to celebrate the community we have here at the college," said Ryan Connell, a Student Life programmer.

With approximately 50 volunteers, the week is run by the Respect Student Committee. Each activity runs from 11 a.m. to 1 p.m.

Today is Smile Day, where students are reminded how much of an impact a simple smile can make.

The week continues with Walk a Mile Day on Tuesday. Through activities such as moving around in a wheelchair and time budgeting, students will explore some of the challenges other students may face. These include challenges such as exploring sexuality, being a single mother and

having a physical disability.

For Connell, this is his favourite day.

"I like the idea of pushing people's awareness a little bit further and hopefully opening up their eyes," he said.

Wednesday is Differences Day. The day will explore the cultural differences when it comes to showing respect, such as body language.

Thursday's Positive Day will feature thank you card stations, where students can write and deliver thank you cards to other students or faculty. It will also have a colouring station, with books and crayons.

And the week will end with Games Day, with games such as Who Wants To Be a Millionaire and Jeopardy.

With exams, tests and projects just around the corner, the committee wanted to ensure that students have fun. But amongst all the smiles, positivity and trivia, the core message is still there.

"The idea is to reemphasize the message of the Respect Campaign," said Connell.

GO FOR A WEEKEND DRIVE TO SEE A CASTLE



PHOTO BY ASHLEY IDLE

Feel like going for a drive this weekend? Castle Kilbride, located less than 15 minutes west of Kitchener in Baden, is open Saturdays and Sundays from 1-4 p.m. The "castle" was the former home of industrialist James Livingston and is now a museum and national historic site. Admission is \$5.50 with student ID.

Bookstore closed March 31

By ROBERT CONTE

The Doon campus bookstore will be closed so staff can concentrate on doing inventory on March 31.

The store will reopen April 1 at 8 a.m.

"We have a lot of stock so to

avoid havoc we take the whole day to do it," said bookstore general merchandise and promotions representative Quinn Battersby.

The Waterloo and Guelph campus bookstores will also be closed March 31 and reopen April 1.

BLACK OUT

PUB NIGHT

YOU'LL GLOW IN THE DARK



PRIZES

PRIZE
DRAW
EVENT

19+

\$5.00 A TICKET

9PM - 1AM, IN THE SANCTUARY

INCLUDES A T-SHIRT FOR YOU TO DECORATE • BEST DESIGN WINS \$\$\$

BUY TICKETS AT THE CSI SELF SERVE AREA, ROOM 2108

THURSDAY APRIL 7TH

CONESTOGA STUDENTS MUST SHOW STUDENT CARD
PROOF OF AGE OF MAJORITY REQUIRED ALL CSI LICENSED EVENTS ARE SUBJECT TO SMART SERVE REGULATIONS.
SEARCH BEFORE ADMITTANCE AND NO RE-ENTRY POLICIES IN EFFECT. NO OUTSIDE FOOD OR DRINK ALLOWED.